

ABSTRACT OF THE DISCLOSURE

A pedal includes a plate (2) fitted with elements for locking (5, 6) a cyclist's shoe (8) remarkable in that the plate (2) extends beneath the pedal pin (4), the support axis (7) of the shoe on the plate (2) extending in front of the pedal pin (4) and in that the elements for locking (5, 6) include, a front interlocking mechanism (5) co-operating with the front part of a clip (9) integral with the sole (10) of the cyclist's shoe (8), and, a movable rear interlocking mechanism (6) co-operating with its rear part and moving under the pressure of the rear part of the clip (9) from an interlocked position, and passing through an open position allowing to insert the rear part of the clip (9), until returning to the interlocking position via elastic elements (20).